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Advertising Feature

Woman Walks from Coast to Coast



Jacqueline Davies never got lonely as she walked from one coast to the other.

TORONTO – Meet Jacqueline Davies. On the surface, she appears like your everyday average Canadian. But there's something special about Jacqueline: she recently finished walking from coast to coast.

That's right. No joke. She started in Gander and, over the course of 14 months, walked all the way to Vancouver, stopping only for food and sleep. When asked what possessed her to set out on such a grand and bizarre undertaking, Jacqueline answered, "I like to walk. A lot. Also, Canada is awesome. I wanted to see it."

But how did she overcome the loneliness of spending hours on end walking, with nobody to talk to and no TV shows or Internet? Simple. "I had my TELUS phone with me, so I never got lonely in the first place," she said. Makes sense, since TELUS has a huge, fast mobile network with loads of coverage from coast to coast.

"I shared the walk with my family, every step of the way – blogging, texting, talking ... whatever. I never felt alone. Not once."

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Celebrity Buzz

Idol offers spot to Conan

pg 22



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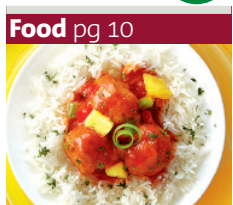
Soldier dies at local hospital

DEATH A Canadian soldier who was injured in Afghanistan earlier this month has died in an Edmonton hospital.

The military says Cpl. Darren James Fitzpatrick died at the University of Alberta Hospital on Saturday as a result of his wounds.

Fitzpatrick was critically hurt by an improvised explosive device during a foot patrol west of Kandahar city on March 6. The 21-year-old infantryman was from Prince George, B.C.

THE CANADIAN PRESS



Faves for the kids

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Washington D.C. **Star-spangled health care**



House Speaker Nancy Pelosi signs the Senate Health Reform Bill yesterday on Capitol Hill in Washington surrounded by fellow Democrats. The historic health-care overhaul was passed late Sunday night. **More coverage, page 4.**

Football fans grieve

Ex-player for U of A dies after being found injured in alley: Police

There was an outpouring of grief from university football fans yesterday, after a former player for the University of Alberta Golden Bears died on the weekend.

RCMP say Rhys Coppens, 21, of Edmonton was found unconscious and unresponsive in an alley beside a night club in Fernie, B.C., early Sunday morning.

He was taken to hospital, where he was pronounced dead soon after.

Police said Coppens suffered "severe injuries" but the exact cause of death is unknown. They said there will be an autopsy later this week.

Coppens was a starting freshman defensive back for the Golden Bears in 2007. After leaving the team he played for the Canadian Junior Football League's Vancouver Island Raiders for a season, and he was set to return to the university football league

"We liked everything about him." Blake Nill, U of C Dinos coach

this season playing for the University of Calgary Dinos. A blog on the CIS league website called him "a terror in the secondary" and said he will be missed, while the social networking site Twitter was awash with condolences.

Dinos coach Blake Nill, who had only known Coppens for three months, said he was excited to have him commit to the team but added that the football program was the furthest thing from his mind after hearing the sad news.

"We liked everything about him," he said. "But at this point our thoughts and prayers go out to the family who have lost an outstanding young man."

THE CANADIAN PRESS

NDPer asks foster care questions

YONATHAN SUMAMO
for Metro Edmonton

POLITICS NDP MLA Rachel Notley is questioning the minister of children and youth services regarding a broken promise towards foster home cuts in the Edmonton area.

Minister Yvonne Fritz said last Wednesday that there would be no cuts to funding for foster care parents. But less than a day later, foster parents in the Edmonton area were being notified of possible decreases in funding, explained Notley.

Notley said she believes this shows a disconnect between the minister and the community.

"Can we trust this government," Notley said. "First of all, to make the right choices, and secondly, to tell us what it means when they do."

Although the average foster child receives about \$30 per day from the Alberta government, children with severe disabilities can receive well over \$100 per day. The proposed cuts would cap that daily payment at \$100, regardless of the child's needs. Notley estimated that about 100 children in foster care in the Edmonton area have special requirements. Of those, about 40 will be capped since they are eligible for more than \$100 per day.

Reports have come in that 100 foster homes are over capacity, as well as the death of a 21-month-old baby in foster care earlier this month.



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3

Local



Last chance for flu shots

As we near the end of influenza season, Alberta Health Services' H1N1 and seasonal influenza immunization will be closing. The program will end on March 31 but people who have travel plans are encouraged to be immunized before they go.

METRO EDMONTON



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'Life program' gets kids on ice

H.E.R.O.S. participants 'learn how to have fun ... just play hockey'

ANDREAS MORSE
amorse@metronews.ca



A bunch of young hockey players took to the Rexall Place ice last night, and it wasn't the Oil Kings.

The Hockey Education Reaching Out Society, or H.E.R.O.S. program, saw two teams of young boys and girls play a game yesterday night on the NHL rink in honour of their hard work all season. They were even able to meet and get autographs from new Oiler defenceman Ryan Whitney.

The H.E.R.O.S. program is a Canadian charity that runs in cities across the country. It gives underprivileged children the chance to play hockey. By providing equipment and practices, it uses hockey to promote strong qualities, like confidence, teamwork and responsibility.

Lenny Andrichuk has been one of the organizers for the Edmonton chapter since it came here three years ago. He called leading



Kids from the Hockey Education Reaching Out Society, or H.E.R.O.S. program, take to the Rexall Place ice yesterday to celebrate another successful year of the program in Edmonton.

the program the best experience of his life, because of how grateful the kids are.

"None of these kids are playing hockey to be pros," Andrichuk said. "They're playing hockey to make friendships and develop skills ... it's really a life program more than it is a

hockey program."

A strong supporter of the program since 2004, Telus helped set up the night, allowing the kids to skate at Rexall.

Twelve-year-old Jesse Williams said he was excited to be a part of the event, and other events that come

along with being a part of H.E.R.O.S.

"It's been pretty fun," he said. "I mean you get new experiences and you get to meet new people that you wouldn't meet if you didn't get to go here. You get to learn how to have fun and just play hockey."

Structural failure cited as fire cause

INVESTIGATION Edmonton Fire Rescue investigators have determined that the fire which destroyed the Edmonton Auto Spring Works building was the result of a structural failure.

Fire investigators returned to the site of the fire yesterday morning to examine evidence at the scene and interview witnesses. They concluded that the fire started when part of the building's roof collapsed and separated from the top of the north wall, leaving a gap.

The stress on the wall caused electrical wires running through it to stretch and come in contact with a metal conduit and a metal power switch box, producing an electrical arc that started the building on fire.

The damage estimate for the fire is \$2.5 million.

METRO EDMONTON

Cabbie charged with card thefts

UNFAIR FARE A local cab driver has been charged with a number of offences after riders reported having their PIN numbers, debit and credit cards and cash taken. A search warrant of the driver's residence resulted in the recovery of 32 bankcards.

The complainants claim they were told they could pay their cab fare using debit cards and were asked for the PIN numbers. They later noticed their card had been switched and money taken from their accounts, police said.

METRO EDMONTON

NewsTweets

Following news stories on Twitter...
@EdwardMonton To the lady who drove like an idiot in the Garneau Towers Parkade — This is not the Edmonton Indy! Slow down! #yeg
@MOMmagRocks all right I wanna know WHICH #yeg twit won that \$20 mil on Saturday... wasn't me...
@tarablegrah can't believe the snow! It's winter again in #yeg!

News in brief

SUSPECT RCMP continue to investigate an attempted abduction of an eight-year-old girl on March 10 in Stony Plain. The suspect is a man in his 70s, five-foot-11, skinny, with grey hair short on top and long at the back, and a grey moustache. He was wearing a black coat, tight jeans and black cowboy boots. He is said to have disfigured fingers, possibly amputations. Call RCMP at 780-968-7267 with information. **METRO EDMONTON**

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ANDREAS MORSE
amorse@metronews.ca



WATER FOR LIFE Too many Albertans take clean water and sanitation for granted as far as Rainer Bronner is concerned.

That's why the local activist has spent the last three years trying to bring awareness to the public about the damage dirty wa-

ter is doing globally.

"There are more people dying on this planet from bad water and sanitation conditions than all natural disasters, wars, and gangland shootings combined," Bronner said.

The third annual Water For Life celebration started March 20 and concluded yesterday on the steps of city hall with an outdoor concert.

The United Nations has declared 2005-2015 Water For Life Action Decade and Bronner is determined to make every March 22 in Edmonton a celebration of clean water.

"For the UN and other humanitarian groups, there is no bigger issue than water," Bronner said. "AIDS is a huge issue, war is a huge issue, natural disasters are huge issues but there is no

bigger issue than water."

Bronner, along with his humanitarian group, Raindance Rainboots, first started the local Water For Life celebrations in 2008 and has continued the festival for three years.

All proceeds raised through concerts and water-themed visual arts displays over the weekend will be donated to Partners in Health.

'No bigger issue than water,' says activist



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Nearly two dozen central and east African countries came out yesterday against proposals by Tanzania and Zambia to weaken the 21-year-old ban on ivory sales. The heated debate over the proposed sale of the two countries' ivory stocks divided Africa, as it has in years past, at the 175-nation Convention on International Trade in Endangered Species. **THE ASSOCIATED PRESS**

Conservationists score rare victory

Canada/World

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BONNIE PREECE & WILLIAM ROLLINGS
William Rollings wipes a tear from his wife, Bonnie Preece, a part-time supermarket cashier from London, Ont., who won \$20.6 million in a Lotto 6-49 draw.

Quebec residents safer from cyber crime: Report

TECHNOLOGY Quebec residents appear to be among the least susceptible to cyber crime while citizens of Burlington, Ont., were the most susceptible in a list of Canada's most vulnerable big cities, according to a report by security software maker Symantec.

The company used recorded incidents of cyber crime and per capita data on Internet access and computer spending to determine which of Canada's 50 largest cities rank most at risk for on-line threats like identity fraud.

Burlington was ranked the most vulnerable overall with the most incidents of security incidents, per capita, in three of four threat categories.

THE CANADIAN PRESS

News in brief

LABOUR Treasury Board president Stockwell Day said the government will not cut benefits to the public service,

though he did tell a House of Commons committee there will be a discussion about pensions.

THE CANADIAN PRESS

U.S. health fight not over

U.S. President Barack Obama might have achieved a massive legislative victory with passage of his sweeping health-care overhaul this weekend, but the future of the bill remains in doubt with Republicans likely to win big in November's game-changing midterm elections.

Top Republicans are vowing to kill health-care reform if they recapture control of Congress in eight months, a distinct possibility due to a lingering economic recession and a U.S. jobless rate that's expected to remain in the double digits for months to come.

In the immediate future, they're also threatening to hang up the bill indefinitely in Congress as Democrats attempt to push it through with a complicated parliamentary procedure called reconciliation.

Religious protest

• Abortion foes demanded the excommunication of U.S. House Speaker Nancy Pelosi in a tiny protest outside the Vatican yesterday. For exactly one minute, Randall Terry and six other protesters held placards urging Washington's archbishop, Donald Wuerl, to denounce Pelosi.

"America has just witnessed an unconscionable abuse of power," Mitt Romney, considered a frontrunner for the Republican presidential nomination in 2012, said in a statement yesterday.

Republican Sen. John McCain, Obama's rival in the 2008 presidential cam-

paign, echoed that sentiment, saying the battle over health-care was far from over while decrying "all this euphoria going on."


Democrats defended the bill, releasing talking points yesterday that outlined which citizens would benefit. Although the bill does not provide universal health care, it should expand coverage to about 95 per cent of eligible Americans, compared with 83 per cent today.

THE CANADIAN PRESS



Blaming attacks from "partisan operatives," ACORN disbands

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Comment

Progressives prevail

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

Among developed nations, the United States has had a unique standing. It was the only one not to offer its citizens comprehensive health care. For decades the red-neck right blocked the march toward civility.

Now the march has reached the destination. Health-care reform passed its major legislative hurdle Sunday and will likely be given the final go-ahead later this week. The triumph comes courtesy of the sustained effort of Barack Obama, whose presidency is now revitalized.

It's a remarkable win. Following the Democrats' loss

of former senator Ted Kennedy's seat in Massachusetts, it looked like health-care reform was dead. It looked as if Republican regressives were gaining momentum. The Sarah Palin movement is essentially a reactionary one, one that preys on people's base instincts and base prejudices, a rebellion of sorts against enlightenment and erudition. With her down-home charm, her ability to connect, Palin turned her knowledge deficit into a political attribute. She's made it cool to be uninformed.

Through much of the last century, it has been the hard-line Republicans who led the drive against other social security ad-

vances, who were the hold-outs on civil rights, who pushed for handguns in every household. The health-care reform, the biggest social welfare advancement in decades, won't slow them much. It will give Rush Limbaugh and Glen Beck and Palin all the more reason to try to advance their backward agenda.

But for the moment the progressives lead the way. "Today is the day that is going to rank with the day we passed the civil rights bill in 1964," said veteran Democrat lawmaker John Dingell.

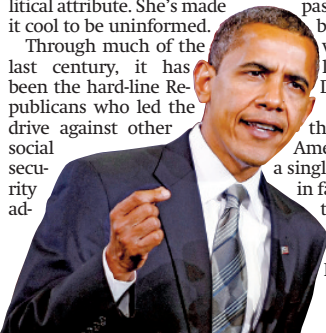
As a reflection of the polarization in American politics, not a single Republican voted in favour of the legislation. "This debate is not about the uninsured," said Devin Nunes, a Cal-

ifornia House member. "It is about socialized medicine. Today Democrats in this House will finally lay the cornerstone of their socialist utopia on the backs of the American people."

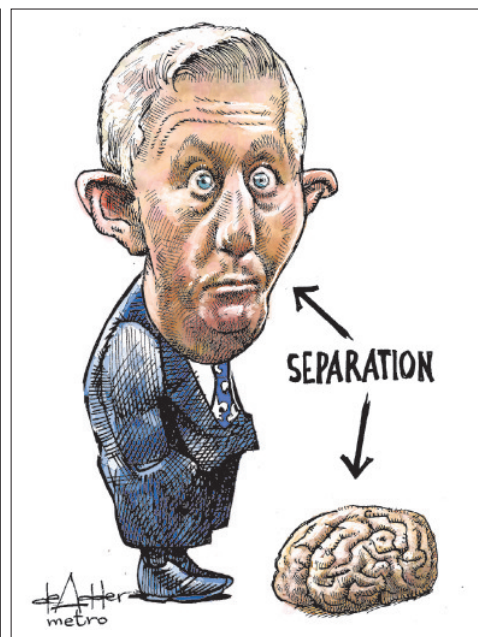
The legislation, Nunes forgot to mention, does not include a new government-run insurance plan like there is in Canada.

It won't be like the Canadian system, but it will nonetheless enhance the American reputation on this side of the border. Given that one of the deterrents for Canadians moving south was their weak health-insurance system, it may even lead to an increased brain drain. But in the circumstances, that's tolerable. The important thing is progress. A president who can lead the United States to a higher place is on the move.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Barack Obama



MICHAEL DE ADOR

Worth mentioning

Supporters of child bride ban declared apostates

Some of Yemen's most influential Islamic leaders, including one the U.S. says mentored Osama bin Laden, have declared supporters of a ban on child brides to be apostates.

The religious decree, issued Sunday, deeply imperils efforts to salvage legislation that would make it illegal for those under the age of 17 to marry.

The practice is widespread in Yemen and has been particularly hard to discourage in part because of the country's gripping poverty — bride prices in the hundreds of dollars are especially difficult for poor families to pass up.

A February 2009 law set the minimum age for marriage at 17, but it was repealed and sent back to parliament's constitutional committee for review after

some lawmakers called it un-Islamic. The committee is expected to make a final decision on the legislation next month.

Some of the clerics who signed Sunday's decree sit on the committee.

The group behind the declaration also includes Yemen's most influential cleric, Sheikh Abdul-Majid al-Zindani,

whom the United States has branded a spiritual mentor of bin Laden. Al-Zindani denies being a member of al-Qaida.

The issue of Yemen's child brides vaulted into the headlines three years ago when an eight-year-old girl boldly went by herself to a courtroom and demanded a judge dissolve her marriage to a man in his 30s. She eventually won a divorce, and legislators began looking at ways to curb the practice.

THE ASSOCIATED PRESS

Views

A snapshot of the nature/nurture debate

InStep

Christine
Williams

When Danish-Norwegian artist Nina Maria Kleivan exhibited photos of her newborn dressed up as notoriously evil historic figures like Hitler, Stalin, Mao and Idi Amin, the castigating commentary that followed was predictable. Kleivan's baleful and shameless display of motherhood was a justifiable shock to our sensibilities.

We rightfully venerate the loving and protective mother-infant bond because it is essential for healthy infant development. What also captivated

my attention about this woman was her contradictory line of reasoning about infant innocence and her peculiar way of raising the nature/nurture debate.

Kleivan actually discredited the innocence of her infant to illustrate that we are "born a blank slate," topping off the photos with a nude picture of her daughter, explaining that it was to reveal her innate innocence. Kleivan perfidiously stated in a subsequent interview that it was an emotional process and something she could never do to someone else's child. Heaven help her infant with the environment she has already been exposed to, the very factor suggested by Kleivan as influential to what people become.

Her argument that "infants are born a blank slate" was a 17th-century theory

by philosopher John Locke, who refuted innatism (that we are born with ideas) while asserting experience as the determinant in human development. With modern science, both nature and nurture have been found to interplay with one another. Genetic research has shown that people are wired with certain predispositions, even behavioural. This certainly does not mean that an infant can be evil. Choice determines outcome, which is indubitably influenced by nurture.

The sociopathic mental condition is a consummate example of the modern evolution of innatism, of which a strong genetic link has been established. Sociopaths are marked by their absence of conscience, amoral conduct, and inability to feel guilt and remorse. Researchers

have also noted that they are charming, manipulative and characteristically charismatic by nature; traits ironically reminiscent of the historic demons of doom that Kleivan displays her innocent infant as.

On a positive note, later studies have shown that even with the callous nature of sociopaths, they can be softened through environmental influences, implying that whatever our propensities, there is a light at the end of the tunnel with proper nurturing. So, just to be safe, let's not sport our infants in a collection of homemade tyrant ware. Instead, let's keep up the great work of dressing our precious bundles with bows, bow ties and booties!

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Melnik, the founder of the Toronto-based pharmaceutical company Biovail Corp., has sold about 9.6 million shares since Nov. 24, according to a regulatory filing with the U.S. Securities and Exchange Commission. At current market prices, the shares would have been worth about \$157.8 million. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

TV about to cost more?

Those CTV and Global shows that come into your home courtesy of a cable or satellite company could soon hike your monthly bill — or even go dark — following a landmark ruling on how money flows in the broadcasting system.

The TV networks won their fight yesterday before the country's broadcast regulator to negotiate a fee for their signal with cable and satellite providers, who have never paid before for those transmissions.

But the Canadian Radio-

television and Telecommunications Commission also wants the Federal Court of Appeal to review the new "value for signal" system before it kicks in.

And the Conservative government will have to decide whether it can live with the decision, or balk against the threat of increased costs for consumers by prescribing a different scenario.

The broadcasters had warned that the future of local TV programming depended on their getting a solid new source of revenue, with advertising

dollars drying up and audience numbers dwindling.

The cable companies posted an 11.9 per cent rise in revenues in 2009, a recessionary year.

If the court gives the green light, the industry

and consumers will be in for a wild ride.

Suddenly, cable and satellite companies would be forced to negotiate with conventional broadcasters for payment to carry their signals.

THE CANADIAN PRESS

Canadians use Net more than TV these days: Study

MEDIA For the first time ever, Canadians are spending more time online than watching television, according to Ipsos-Reid.

The Inter@ctive Reid Report, a study that tracks Canadians' usage of the Internet, finds that Canadians now spend more than 18 hours a week online, compared with 16.9 hours watching television.

Internet usage is up from 14.9 hours last year. The number of hours watching TV also rose in the last year, from 15.8.

The study did not say why the changes are occurring, but noted younger

Canadians generally spend more time online than those over 55.

The study noted males are spending significantly more time online than females — 20 hours compared with 16. Also, 18-34 year olds are spending 20 hours a week online on average, compared with 18 hours for those over 35.

The Ipsos-Reid poll was done in the 2009 fourth quarter and questioned 839 Canadian adults. The survey's margin of error is plus or minus 3.38 percentage points, 19 times out of 20.

THE CANADIAN PRESS

Bureau rejects amendments to rules governing real estate

RULING Changes to rules governing real estate services do not create more choice for home buyers and sellers, and instead give realtors a "blank cheque" to impose new anti-competitive rules, Canada's federal competition watchdog says.

The Canadian Real Estate Association loosened its rules yesterday to lift restrictions on realtors' minimum service requirements and allow con-

sumers to use an agent to list their property and handle details on their own, including negotiations with potential buyers.

THE CANADIAN PRESS



Google attempts to end run around Chinese control with move to Hong Kong.

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London Airline strike continues



Protesters on the picket line gesture as a British Airways plane comes in to land at Heathrow Airport yesterday. The airline's cabin crew are on strike over the issues of pay and working conditions.

Business in brief

GAS PRICES The Conference Board of Canada predicts a rebound in natural gas profits in the coming year despite a dip in production, saying gas prices have nearly doubled in the past six months and are expected to be 36 per cent higher this year than in 2009.

THE CANADIAN PRESS

GREECE German intransigence over bailing out Greece has raised the chances that the country will be forced to turn to the International Monetary Fund for assistance. Greece has around \$27.1 billion US of debt maturing over the next couple of months.

THE ASSOCIATED PRESS

Your Money

Evaluating your risk tolerance

Alison OnMoney

Alison Griffiths

metronews.ca/alisononmoney

Feel a slight pain in your chest while you're reading the stock pages or your RRSP statement? If the market has been sagging there's no coincidence. A recent preliminary study by researchers at Duke University discovered an increase in heart attacks after the recession began deflating stock prices in December 2007. When the market turned around the incidence of heart attacks decreased.

This confirms something I've always believed; some of us simply aren't cut out for the rigors of being a stock market investor.

When the market is rising, as it has been steadily for the past year, everyone is a steely-nerved market pro. But when it slides, a surprising number of people head for the windows.

The market term for this emotional reaction to your bottom line is risk tolerance. Advisers attempt to determine where you fit on the risk tolerance scale with a series of boilerplate questions. But it is an infernally difficult thing to measure, even for the most conscientious advisers.

Certainly a handful of general questions aren't going to reveal what investors often don't know about themselves — how much risk can I handle?

Most people are much less brave than they think. If you believe you can tolerate 50 percent of your portfolio in stocks or equity mutual funds held in RRSPs, RRIFs or non-registered accounts you should start with 25 per cent or less. You can always increase it but reducing your exposure after an anguishing market tumble is like shutting the barn door after the horses have bolted.

Also, I'm convinced that 10 to 25 per cent of investors are temperamentally unsuited to any stock market investment. They simply can't cope with the volatility, no matter what the potential gain.

You may be wondering why I'm bringing this up since the market has been so buoyant. Last week's rise in the Consumer Price Index signals the possibility of interest rate increases which historically tend to dampen the market.

The Duke University study reveals that investing isn't just about the money. What good is a portfolio if you aren't alive to enjoy it?

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Health fraud can put your life at risk

HEATHER BUCHAN
For Metro Canada

Fraud Prevention

Unlike other types of fraud, health fraud can cost more than just money — in some cases, such as unknowingly taking counterfeit medication, it can cost you your life.

The Canadian Health Care Anti Fraud Association estimates that health fraud costs Canadians between \$5 billion and \$15 billion annually.

Health fraud includes a variety of activities, including bogus weight-loss

schemes and cancer cures, billing for services not rendered or unnecessary treatment, malingering (exaggerating one's illness or injury to collect more benefits), and selling unapproved drugs and devices.

Even if you haven't been defrauded, the few individuals bilking the health system mean less of your money is spent supporting better overall health care.



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St. Louis Cardinals slugger Albert Pujols received an anti-inflammatory shot yesterday for tightness in his back and is expected to be out of action for the next couple of days. The three-time NL MVP missed a week this spring because of lower back pain he described as feeling like spasms. **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Goodell to chat with Big Ben

NFL commissioner Roger Goodell plans to meet with Steelers quarterback Ben Roethlisberger, left, about the star's off-field problems. Goodell already has spoken with team owners about Roethlisberger, who is accused of assaulting a 20-year-old college student in a Georgia nightclub March 5. Roethlisberger's lawyer says the quarterback committed no crime. **THE ASSOCIATED PRESS**

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Toronto 106 Minnesota 100
Chicago 98 Houston 88
Miami 99 New Jersey 89
Milwaukee 98 Atlanta 95
New Orleans 115 Dallas 99
Orlando 109 Philadelphia 93
San Antonio 99 Oklahoma City 96
Boston at Utah
Memphis at Sacramento
Phoenix at Golden State

TODAY'S GAMES

Charlotte at Washington, 5 p.m.
Indiana at Detroit, 5:30 p.m.
Denver at New York, 5:30 p.m.
L.A. Clippers at Dallas, 6:30 p.m.

NHL

YESTERDAY'S RESULTS

Ottawa 2 Montreal 0
Detroit 3 Pittsburgh 1
Colorado at Los Angeles

TODAY'S GAMES

Florida at Toronto, 5 p.m.
Columbus at New Jersey, 5 p.m.

Boston at Atlanta, 5 p.m.
Philadelphia at Ottawa, 5:30 p.m.
Carolina at Tampa Bay, 5:30 p.m.
Dallas at Nashville, 6 p.m.
San Jose at Minnesota, 6 p.m.
Phoenix at Chicago, 6:30 p.m.
Anaheim at Calgary, 7 p.m.

Vancouver at EDMONTON, 7 p.m.

WESTERN CONFERENCE OVERALL STANDINGS

	GP	W	L	OL	GF	GA	Pts
d-Chicago	71	45	19	7	234	179	97
d-Phoenix	73	46	22	5	201	179	97
d-Vancouver	72	44	24	4	236	187	92
San Jose	73	43	19	10	231	191	96
Nashville	73	42	26	5	206	203	89
Los Angeles	70	41	24	5	207	195	87
Colorado	71	40	25	6	213	190	86
Detroit	72	36	23	13	196	193	85
Calgary	72	36	27	9	184	181	81
St. Louis	72	34	29	9	196	199	77
Anaheim	71	34	29	8	203	217	76
Minnesota	72	35	31	6	198	211	76
Dallas	72	31	27	14	208	230	76
Columbus	72	29	31	12	187	229	70
EDMONTON	72	23	42	7	184	248	53



The Edmonton Oilers goalie Devan Dubnyk celebrates a shutout win over the Detroit Red Wings on Friday.

Dubnyk gets some traction

Goalie has back-to-back wins

Devan Dubnyk needed 14 appearances and 11 starts before recording the first win of his NHL career, and then he wasted little time in collecting victory No. 2.

The Edmonton Oilers rookie goaltender made 27 saves to frustrate the San Jose Sharks on Sunday, losing a shutout bid on a goal by Ryane Clowe with 3:02 remaining.

Coming on the heels of a 31-save performance in a 3-2 shootout win over the Detroit Red Wings on Friday, Dubnyk is putting an 0-8-2 start with the Oilers behind him.

The sudden surge is a case of better late than never.

"I didn't want to wait 11 starts to get the first one," smiled Dubnyk. "It's amazing to get the first win, that winning feeling and get it out of the way."

"Detroit is, obviously, a pretty good hockey team. It's confidence for myself and the team to know we can go out and beat them and then get another shot at a great hockey team the next day. It's amazing the relief you get from getting that first one out of the way."

While there aren't enough games left in the season for Dubnyk to improve his numbers to where he'd like them — he's 2-8-2 with a 3.75 goals against average and an .880 saves percentage — he's put a frustrating start to his first NHL season in the rear-view mirror.

That has the 23-year-old native of Regina, selected 14th overall by the Oilers in the 2004 Entry Draft, feeling better about himself than he did just a few games ago.

"When you're on a streak like that, it's tough mentally," Dubnyk said. "It's a chance to work on being strong mentally."

Coach Pat Quinn issued a win-and-you're-in edict to Dubnyk and Jeff Deslauriers a few weeks ago, but he wavered after the win over San Jose and didn't commit to his starter for tonight's game with the Vancouver Canucks after practice yesterday.

"We're going to talk about that a little bit," Quinn said. "There's a decision time coming for this organization in the sense of one of these two young guys."

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Sports in brief

BLUE JAYS Brandon Inge hit a three-run homer to help the Detroit Tigers beat the Toronto Blue Jays 8-2 yesterday. Nate Robertson pitched 4½ innings for the Tigers, yielding two runs and five hits.

FOOTBALL NFL commissioner Roger Goodell likes the proposal to modify overtime in the playoffs. The competition committee recommends that a team surrendering a field goal on the first possession should have a series of its own in OT. Goodell says the idea "stays true to the integrity of the game" and finds it "very much worth considering."

NHL Philadelphia Flyers leading goal scorer Jeff Carter will miss three to four weeks with a broken bone in his left foot. Carter suffered the injury off a shot from Atlanta's Clarke MacArthur in Sunday's game.

BASKETBALL Memphis must vacate its record 38-win men's basketball season from 2007-08 after the NCAA rejected its appeal. The NCAA announced yesterday that its Infractions Appeal Committee ruled

against Memphis, which was found to use an ineligible player, believed to be Derrick Rose.

NFL The New England Patriots are the big winner for losing free agents last year. The Patriots have been awarded the maximum of four compensatory picks in April's NFL draft. The selections will come in the sixth round (one, No. 205 overall) and seventh round (three, Nos. 247, 248 and 250).

NFL Miami Dolphins running back Ronnie Brown, who had been in the suburban Atlanta area to help celebrate his parents' anniversary, was arrested on a charge of driving under the influence of alcohol and released from jail a few hours later, officials said yesterday.

CFL The Hamilton Tiger-Cats signed all-star linebacker Markeith Knowlton to a contract extension through the 2012 season, the CFL club said yesterday. The six-foot, 205-pound Knowlton recorded 94 defensive tackles, four forced fumbles, four fumble recoveries and four interceptions last season. **METRO NEWS SERVICES**



Canada skip Jennifer Jones throws a rock against Latvia during the World Women's Curling Championships yesterday.

Early starts for Jones

SASKATCHEWAN Jennifer Jones' alarm clock will go off much earlier for the rest of the round robin at the women's world curling championship.

After playing afternoon and evening draws the first three days of the tournament, the Canadian skip and her rink from Winnipeg have three straight mornings of games at 8:30 a.m. local time, starting today against Denmark.

That's an early start when the curlers need to eat, get to the rink and stretch, particularly when they've played an evening draw the previous night, like they did yesterday.

Jones doesn't mind. The 35-year-old corporate lawyer and her teammates are veterans of the evening-morning draw schedule and adjust their eating and sleeping around it.

"Probably my favourite

draw to play is a morning draw," Jones said yesterday after Canada's win. "I'm up anyway. I can't sleep in. It's a curse. I might as well get out there and curl. I'm not a night owl, that's for sure."

"If you have a morning-night, you can have a nap in the afternoon. We do it all the time."

Canada was the only unbeaten team at the world championships heading into the late draw yesterday against defending champion Wang Bingyu of China (1-3). The Jones four-some, out of the St. Vital Curling Club, doubled Latvia's Iveta Stasa-Starsune 12-6 in the afternoon.

Canada was 4-0, Erika Brown of the United States was 4-1, followed by Scotland's Eve Muirhead and Sweden's Cecilia Ostlund at 3-1. Russia's Anna Sidorova sat at 3-2.

THE CANADIAN PRESS

Spartans lose star to injury

NCAA Michigan State star Kalin Lucas will miss the rest of the NCAA tournament after an MRI has confirmed he ruptured his left Achilles' tendon.

In Lucas' place on Sunday, Korie Lucious made a three-pointer at the buzzer to put the Spartans into the round of 16 with an 85-83 win over fourth-seeded Maryland.

Lucas was hurt late in the first half of that game when he landed awkwardly after a shot. He is a two-time All-Big Ten player and leads the Spartans in points and assists. He will be sidelined for

four to six months.

"We feel terrible for Kalin, he was having a great NCAA tournament," Spartans coach Tom Izzo said in a statement.

"The good news is there is no doubt he will make a full and complete recovery."

THE ASSOCIATED PRESS



Losing to know-nothings in your March Madness pool? Blame cockiness.

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A-Rod set to meet with Feds

Alex Rodriguez is scheduled to meet with federal investigators probing a Canadian physician on Friday, The New York Times reported on its website. The meeting is expected to take place in Buffalo, N.Y., the paper said last night, citing two people briefed on the matter who spoke on condition of anonymity. **THE ASSOCIATED PRESS**

Jordan preaching patience

MJ taking longer approach to building Charlotte Bobcats

Picture the NBA free agency period beginning and Michael Jordan is on the phone making a recruiting pitch to LeBron James.

It's one of the perks for the Charlotte Bobcats now that the Hall of Famer owns the team. Only being a big player in free agency isn't on Jordan's agenda — or even possible.

Unlike the New York Knicks, New Jersey Nets and Chicago Bulls, the Bobcats have no salary-cap space to participate in the summer free agency bonanza that could include James, Dwyane Wade, Chris Bosh and Amare Stoudemire.

And Jordan doesn't mind. In moving from a minority investor with the final say on personnel decisions to the first former player to be a majority owner of an NBA team, Jordan is preaching patience with his roster. He is vowing not to get into luxury tax territory with his payroll and showing distaste for what he

"I like where we are. If I were to unload everybody on our team just so we can clear (salary-cap) space, does that mean they're going to come to Charlotte? It's no guarantee."

Michael Jordan

feels is overblown hype for free agency this summer. "That doesn't guarantee that New York is going to be in the playoffs," Jordan said shortly after his \$275 million US purchase of the team was approved last week. "Everybody is second-guessing themselves. I like where we are. If I were to unload everybody on our team just so we can clear (salary-cap) space, does that mean they're going to come to Charlotte? It's no guarantee."

The six-time NBA champion faces a number of issues as he takes over a club that's expected to lose more than \$30 million this season. Besides trying to boost ticket sales and strike sponsorship deals, he'll continue to have the final say on basketball decisions.

Jordan acknowledged he has "little wiggle room right now" with the salary cap.

He indicated they have committed between \$57-59 million in payroll for next season, and that doesn't include impending free agents Raymond Felton and Tyrus Thomas.

Jordan said the league office has told teams the luxury tax threshold — where teams will have to pay a dollar for dollar tax for going over — could be as low as \$61 million next season.

"If it's around \$65 (million), we still have roughly \$8 million to play with to stay underneath the luxury tax," Jordan said.

"I don't see a need to go over the luxury tax unless we go deep (in the playoffs) and we're a player away or we're close. I would (then) entertain that idea."

THE ASSOCIATED PRESS



After purchasing the Charlotte Bobcats, Michael Jordan has become the first former player to be a majority owner of an NBA team

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Baalke to handle Niners' draft duties

NFL The San Francisco 49ers have a new man in charge of personnel decisions merely a month before draft day.

Scot McCloughan is out as the Niners' general manager in a "mutual parting," and director of player personnel Trent Baalke will lead the team into next month's draft.

Team president Jed York, speaking yesterday in a conference call from the NFL owners meetings in Orlando, said it's in the best interest of both parties and called the move a "private personnel matter."

He didn't elaborate on what went wrong for McCloughan, except to say it had more to do with the GM's personal issues than anything on the personnel, football side of things. "Trent is leading us into the draft," York said. "Trent is the point person in the draft. He is making draft decisions. I have full confidence in him."

York, also the team's chief executive officer, addressed the situation five days after news broke that McCloughan was on his way out. York said the team "had been prepared for this" but that he told McCloughan he would wait to announce it for five days.

"I gave Scot my word I wouldn't comment on this for five days," York said. "My integrity is more important to me than trying to get out a story. I gave Scot five days to think about where we wanted to go, and we decided to have a mutual parting."

When asked why McCloughan wanted to leave the organization, York said, "You'd have to ask Scot."

"It's a mutual parting in the interest of both the 49ers and Scot," York said. "We've been prepared. I wanted to make sure Trent was as up to speed as possible."

A call to Peter Schaffer, McCloughan's representative, wasn't immediately returned yesterday.

Several reports surfaced last Thursday that the Niners were cutting ties with McCloughan because of personal issues, though Schaffer said at the time that he had not been informed.

York wouldn't say yesterday whether there is a financial settlement involved — and he believes McCloughan could work in the NFL again one day.

THE ASSOCIATED PRESS

Raptors move into tie for 7th spot in Eastern Conference

NBA RESULTS

Raptors 106 T-Wolves 100

NBA Chris Bosh had 21 points and 10 rebounds to help the sluggish Toronto Raptors hand the Minnesota Timberwolves their 13th straight loss, 106-100 last night.

Andrea Bargnani had 19 points and seven rebounds for the Raptors, who beat the Timberwolves for the 12th consecutive time to

move into a tie with Charlotte for the seventh seed in the Eastern Conference.

Al Jefferson had 22 points and seven rebounds for the Timberwolves, who have lost 19 of their last 20 games. They trailed 94-92 with 3:29 to play, but couldn't come up with any key stops down the stretch to end their skid.

Bosh broke his own franchise record with his 44th double-double of the season. It was also the 36th time this year he has had at least 20 points and 10 rebounds, the most in the league.

THE ASSOCIATED PRESS



Toronto Raptors forward Chris Bosh lunges for a pass in front of Minnesota Timberwolves forward Kevin Love.

PHOTO COURTESY OF THE ASSOCIATED PRESS

A recent survey commissioned by Dr. Oetker has uncovered that two-thirds of Gen Y Canadians are looking to spend more time baking and more than 85 per cent of all Canadians believe it is an important activity to teach their kids. **METRO NEWS SERVICES**

Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Culinary tips collected

If your method of cooking Italian risotto consists of stirring the ingredients in a pot over a hot stove for what seems to be ages, there is a simpler technique. It can be found in Susan Sampson's *12,167 Kitchen and Cooking Secrets: Everyday Tips, Hints, Techniques and More* (Robert Rose, \$27.95, paperback). The Toronto Star food writer offers readers more than 700 pages of food tips and suggestions brought about by new technology. **THE CANADIAN PRESS**

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Spring sipping

Talk about March madness. The weather has been so civilized in my neck of the country that I've been out raking some of the leaves from last fall that I've been pretending belonged to my neighbours.

The best thing about warm early spring temperatures is that they give you a head start on cracking open some floral white wines: Ones that mirror the fresh aromas and flavours associated with the season.

Chenin blancs top my list. Long associated with France's Loire Valley and the vineyards of South Africa, the off dry wines made with the grape sadly continue to lose ground to fruitier competition created with riesling and viognier.

Produced in South Africa's Western Cape **MAN Vintners' 2008 Chenin Blanc** (\$11.99 - \$13.99) combines tropical fruit with palate-tingling acidity, making it a nice match with fruit, fish and light chicken dishes.

Chenin blanc may be the only white grape not (I think) in the **2008 Conundrum** (\$24.95 - \$29.29): A mysterious California blend that sports a new label to go along with this latest vintage. Big on exotic fruit flavours, it's a springtime classic.

So good-bye winter, let's just hope Mother Nature isn't getting a jump on Fool's Day.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Personal Gourmet recipe of the month

ROSE REISMAN

Kid favourites

My newest book (17th!) titled, Rose Reisman's Family Favorites has just hit the stores.

I'm so excited about this book because it addresses what we all have to be more aware of and that's bringing our families back to the table to "break bread." Here are a few of my favorite family meals:

Mushroom and Spinach Miniature Lasagna Rolls

**PREP TIME: 20 MINUTES
COOK TIME: 45 MINUTES**

Instead of making the usual lasagna, in which leftovers often seem to go to waste, I opted for this version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

SERVES 4

INGREDIENTS:

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups finely chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce (or store-bought spaghetti sauce)
- 3 Tbsp shredded mozzarella cheese

METHOD:

1. Preheat the oven to 400°F.
2. Bring a large pot of water to a boil. Add the lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.
3. Lightly coat a large, nonstick skillet with cooking spray, add the oil and set over medium-high heat. Add the onion and garlic and sauté for 5 minutes. Add the mushrooms and sauté for 5 more minutes or just until the mushrooms are no longer wet. Add the



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spinach and allow the spinach to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place the mixture in the bowl of a food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of the tomato sauce into a 9-x 13-inch or 11-x 7-inch casserole dish. Spread about 1/4 cup of the cheese mixture along the length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour the remaining 1/3 cup of the tomato sauce over and sprinkle with the grated mozzarella cheese. Cover

with foil and bake for 20 to 25 minutes or just until heated through and the cheese is melted. Serve hot.

Sweet 'n Sour Chicken Meatballs with Rice

**PREP TIME: 20 MINUTES
COOK TIME: 30 MINUTES**

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol of regular ground beef, but feel free to substitute any meat of your choice for the chicken. I like to use the Heinz style of sweet chili sauce for this recipe, since it's not as spicy as Asian chili sauce.

SERVES 6

INGREDIENTS:

- 12 oz ground chicken



Rose Reisman's Sweet 'n Sour Chicken Meatballs with Rice.

- 1/4 cup finely chopped onion
- 2 Tbsp ketchup
- 5 Tbsp seasoned dry breadcrumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup diced red bell pepper
- 2 cup diced green bell pepper
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce (Heinz)
- 2 Tbsp brown sugar
- 1 Tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 Tbsp chopped parsley

METHOD:

1. In a bowl, combine the chicken, onion, ketchup, breadcrumbs, egg and salt and pepper and mix well. With wet hands, form the meatballs, using about 1 Tbsp of the mixture for each. Place on a plate and set aside.

2. In large saucepan, heat the vegetable oil over medium heat. Add the garlic and onion and cook just until softened, about 3 minutes.

Add the bell peppers and cook for another 4 minutes. Add the tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce the heat and simmer for 25 minutes, or until the meatballs are cooked through.

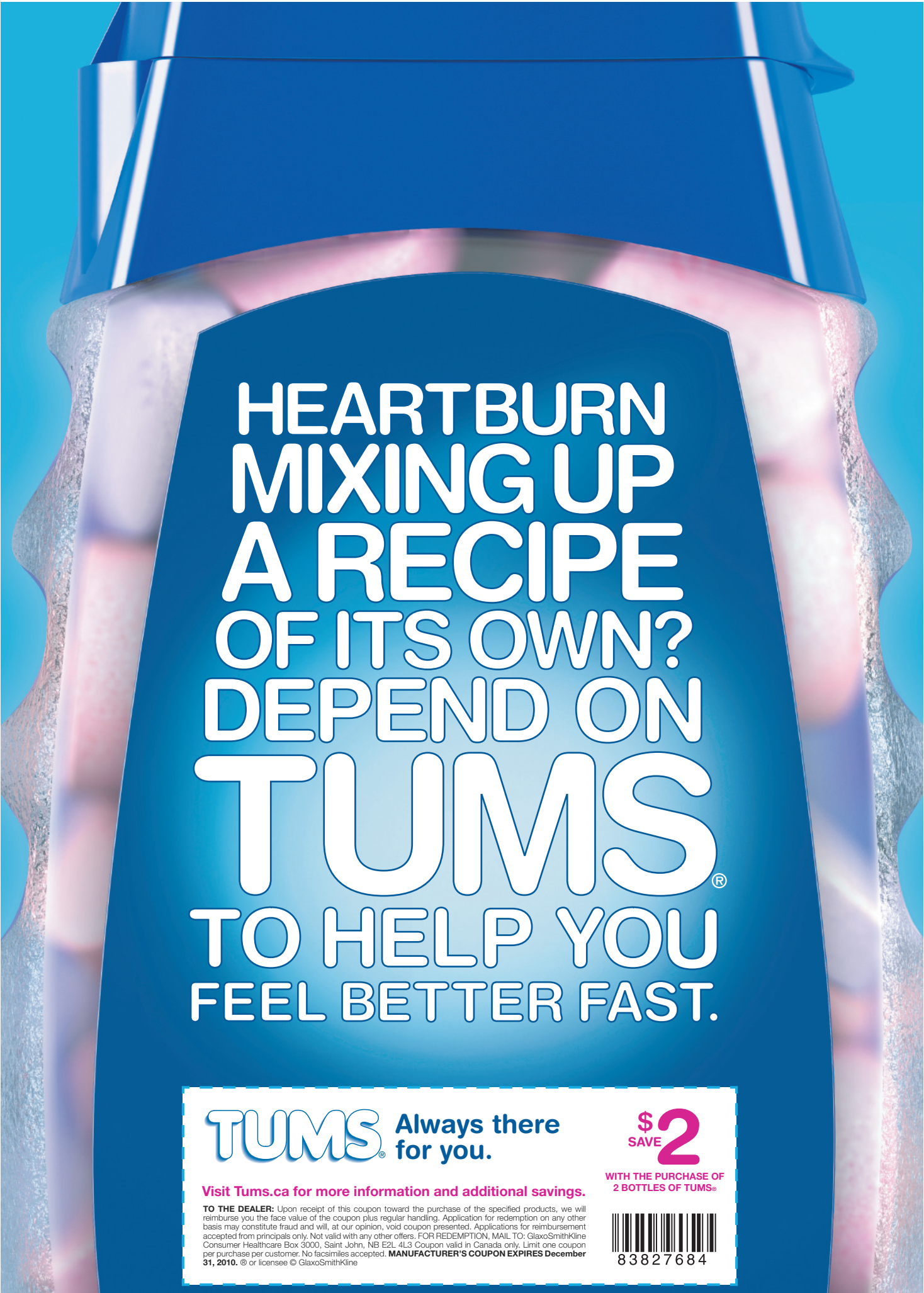
3. Meanwhile, bring the rice and water to a boil, then cover and simmer for 10 minutes. Remove from the heat and let stand for 10 minutes, covered.

4. Serve the meatballs and sauce over the rice. Garnish with pineapple and parsley.

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca



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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Vegging out on a low carb diet

JANINE FALCON
for Metro Canada

Studies over the past few years suggest that a low-carb intake is a significant factor in weight loss, and that combined with a high-protein and high-fat approach, can help improve levels of good cholesterol (HDL) and lower triglycerides (fat), and thus reduce the risk of heart disease.

But what if you're a vegetarian? If you rely on carbohydrates as a significant diet component, how do you do low-carb?

The type of carbohydrate to avoid is key — we know not all carbs are created equal.

Those made with flour or sugar hit the top of the don't-eat list.

However, nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts, says Colette Heimowitz, VP of Nutrition and Education for Atkins, the low-carb diet



Vegetarians need a wide variety of plant sources to give them all the amino acids they need for a healthy functioning body.

which seemed to have the most independent-study success.

"People are only familiar with the initial two-week induction plan, which is designed to induce fat burning in the body rather

than carbohydrate burning," Heimowitz says — surprisingly — that Atkins is vegetarian friendly.

For non meat-eaters, the program's protein, fibre, healthy fats and essential amino acids come from to-

fu, eggs, nuts, seeds and cheese, she explains. Also acceptable are cottage cheese, yogurt and vegetable oils.

"You need a broad variety of amino acids from a variety of plant sources,"

stresses naturopathic doctor Alan C. Logan, who researches and consults for Genuine Health.

For example, on paper, peas appear to provide all the necessary amino acids. But if you eat only peas, "you'll get some amino acids, but lack a few, including methionine, which is important for reducing joint inflammation, and tryptophan, which the body needs to manufacture serotonin, which regulates mood," he explains.

"You need an 'orchestra' of sources for everything you need."

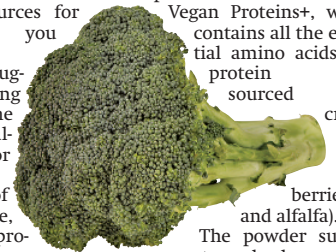
Logan suggests making space in the low-carb allotment for small amounts of brown rice, which "provides a tremendous amount of antioxidants and fibre."

He also advises adding hemp, which serves up twice the lysine that tofu

"Nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts."

does for anti-viral and immune-system support, double the methionine of egg whites, and eight times the tryptophan available from milk.

Brown rice, hemp and peas are in Genuine Health Vegan Proteins+, which contains all the essential amino acids and protein (also sourced from cran-



berries and alfalfa).

The powder supplement can back up a low-carb diet, and is formulated without animal products, corn, dairy, wheat, soy, yeast, sugar or preservatives.

ADVERTISING FEATURE

Revolutionary Probiotic Gum Makes your Mouth a Healthier Place Promises Renowned Microbiologist

We have all heard that the eyes are the windows of the soul. Now a probiotic research scientist from New Zealand is telling us that our mouths are the front door to a lifetime of good health.

"Probiotics are friendly, health-promoting bacteria," says Professor John Tagg, a world-renowned microbiologist at the University of Otago in New Zealand. "Everyone knows about the importance of probiotics for the digestive tract. But for good oral health and overall immunity, we also need oral probiotics that are specific to our mouths."

He should know! When Professor Tagg was a boy of 12, he suffered from a strep throat infection that led to an attack of rheumatic fever, a serious condition that can cause permanent heart damage. Consequently, he was on antibiotic drugs for 10 long years. This personal experience inspired him to devote his life to finding friendly probiotic bacteria that prevent strep throat and other infections that enter through the mouth. After many, many years of dedicated research, he discovered BLIS!

BLIS, which stands for Bacteriocin-Like-Inhibitory-Substance is an advanced oral probiotic. BLIS K12 is a naturally occurring component of the *S. salivarius* probiotic strain.

"My published research studies show that BLIS K12 controls the undesirable and disease-causing bacteria that cause bad breath, strep throat, thrush, and ear and upper respiratory infections" explains Professor Tagg.



Professor John Tagg

"BLIS K12 probiotic bacteria also promote general oral health and help prevent tooth decay and gum disease." Professor Tagg's BLIS K12 probiotic is now available in Canada as **CulturedCare Probiotic Gum** with BLIS K12. It is made in Canada by **Prairie Naturals**, an established, family-owned nutritional supplement company in BC.

"Gum is an ideal way to 'seed' BLIS K12 probiotic throughout the mouth and throat where it will begin to colonize and grow. Chewing just one piece of CulturedCare Probiotic Gum daily provides protection for teeth, gums, throat and ears," says Professor Tagg.

Made with proprietary cold-pressed technology, CulturedCare Probiotic Gum with BLIS K12 contains the therapeutic dosage determined by Professor Tagg's research. Its potency and purity are confirmed through independent testing in government licensed laboratories in Canada, New Zealand and the US.

"May the BLIS be with you!" This has become the mantra of the professor who discovered the powerful effects of BLIS K12 - a revolutionary probiotic.

For more information about Professor Tagg and CulturedCare Probiotic Gum with BLIS K12, please visit: www.culturedcare.com



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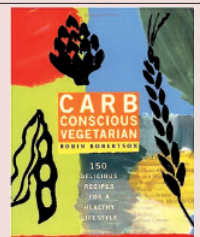
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A helping hand



Carb Conscious Vegetarian by Robin Robertson (June, 2005), \$21.95 at amazon.ca; a recommendation by Dr. Logan for its recipes.



Genuine Health Vegan Proteins+ provides low-carb vegetarian back-up with essential amino acids and protein sans corn, dairy, egg, wheat, soy, yeast, animal products, sugar or preservatives. 280 g, \$21; 840 g, \$47, at health stores.

The kitchen isn't the only place steaming up

The J Spot

Josey Vogels

metronews.ca/thejspot

When it comes to sex and food, you definitely are what you eat. An estimated 80 per cent of erectile problems are the result of hardened arteries restricting blood flow and can be traced to a diet high in fatty foods, sodium and red meat.

Women may not have the same issue, but diet can also affect women's levels of desire, arousal and lubrication. Also, if you're eating well, you feel better about your body and feeling good about your body and feeling sexy go hand in hand.

Food itself can be sexy. While there is no scientific proof behind the aphrodisiac quality of certain foods, studies have shown that chocolate — often touted as an aphrodisiac — contains phenylethylamine (PEA), a chemical that is also released in the brain when you fall in love. And one of the reasons shellfish such as oysters

are considered an aphrodisiac is because they're loaded with zinc, important for sexual vitality. Texture is often what makes foods we tend to think of as aphrodisiacs so stimulating, like the creamy, sweet texture of chocolate or the juicy flesh of a ripe mango.

The word itself derives from Aphrodite, the Greek goddess of love and mother of Eros (the Romans knew the two as Venus and Cupid). Aphrodite rose naked on a scallop shell from the sea foam generated where the genitals of her father, Uranus had been hurled after his castration in one of those divine disturbances common in Greek mythology. The Fates assigned the goddess only one duty: To make love. Not a bad gig.

When it comes to food and sex, where, how, and with whom you eat can be just as important as what you eat. Sharing a first meal with a new lover can be very exciting and revealing. A person's table manners can speak volumes.



"When it comes to food and sex, where, how, and with whom you eat can be just as important as what you eat."

Cooking for a lover can also be a real turn-on. Going to the trouble of finding out what they like to eat and then shopping, deco-

Finally, there's nothing like cooking a meal together to test the power dynamics of a relationship. If no one loses any fingers or ends up with a meat cleaver in the head by the time you sit down to eat, the relationship might stand a chance. Bon appetit!

rating the table with flowers and candles and cracking open a nice bottle of wine makes them feel pampered and special. Talk about foreplay.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Breakfast sets up your body's energy levels for the rest of the day — don't skip it!

Become a champion of breakfasts

CELIA MILNE
for Metro Canada



Think of a good breakfast as fuel and medicine for your body.

"Skipping breakfast, regardless of age, is associated with poorer mental and physical health," says doctor of naturopathic medicine Dr. Tracey Beaulne.

Studies have found that eating breakfast fights fatigue and emotional stress, cuts down on hunger later in the day, and enhances problem-solving skills and logical reasoning, says Beaulne, who practises at

Bayview Natural Health Clinic and at the Active Therapy Clinic at the Granite Club in Toronto.

She sees a lot of patients who are relatively healthy, but would like to feel better than they do. Common complaints are recurrent colds and infections due to stress, fatigue from overwork, gastrointestinal issues from poor nutrition, insomnia, stress, and weight issues.

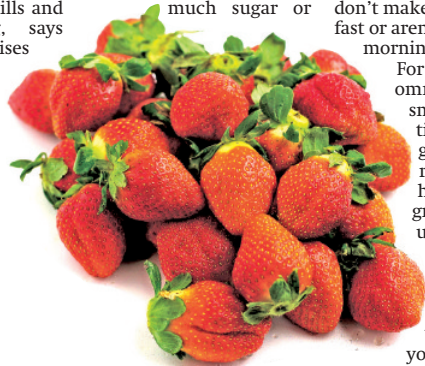
For her, the best kind of breakfast is one that includes lots of fibre, not much sugar or

fat, and ample protein.

Sugary cereals and granola bars aren't the best option, says Beaulne. Many of her patients admit they don't make time for breakfast or aren't hungry in the morning.

For them, she recommends a smoothie. Try putting low-fat yogurt, blueberries, bananas, hemp oil, ground salba, and unsweetened almond milk in a blender.

Adjust the flavour and thickness to your own taste, she suggests.



Questions to ask yourself before opening the fridge door

As a naturopathic doctor, Dr. Tracey Beaulne uses food as medicine. She suggests you ask yourself these questions:

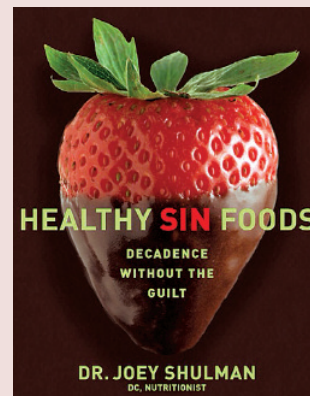
- How can this food help my body?
- Is it colourful and packed with nutrients?
- Will it give me the protein my body needs?
- Am I getting the good fat I need from oily fish, avocados, nuts and seeds, and olive oil?
- Do I feel well after I eat this food?
- Am I getting the fibre I need for good bowel habits?

CELIA MILNE/METRO CANADA

Books to beat that belly fat

HEALTHY SIN FOOD: DECADENCE WITHOUT THE GUILT

BY DR. JOEY SHULMAN
Chocolate, cinnamon and almonds — they sound more like the ingredients to a decadent desert than the building blocks to weight loss. Dr. Joey's breakdowns the nutritional value of the top 50 superfoods in an informative and engaging way. And with 101 mouth-watering recipes (gourmet grilled cheese, yes please!), you can't lose with this book. Except those extra pounds, of course!



FLAT BELLY DIET!

BY LIZ VACCARIELLO

Promising to shrink your waist in 32 days, this book lays out an easy-to-follow daily exercise routine, along with meal plans to take you through each week. The meals are easy to make and the book includes a weekly grocery list to make the shopping a piece of cake — well, more like a handful of almonds.



Tips to live your life by

For better nutrition and overall health, checkout Dr. Tracey Beaulne's tips:

1

Eat more veggies than fruit.

2

Take a cooking class to expand your palate.

3

Do yoga, meditation, or qi gong to balance out the stress hormones of daily life.

4

Go to bed by 10 p.m. for optimal melatonin.

5

Exercise, for those feel-good endorphins.

6

When buying fruits and vegetables, buy organic, especially for "the dirty dozen" — peaches, apples, peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots and pears (see ewg.org for more information).

CELIA MILNE/
METRO CANADA



Make a to-learn list

On it you can write ideas for new areas of study. Maybe you would like to take up a new language, learn a skill or read the collective works of Shakespeare. Whatever motivates you, write it down. LIFEHACK.ORG

Continuing

Education

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

**Study tip**

Take regular breaks. Don't try to study for hours on end — you'll just become tired and less productive that way. Study for 45 minutes or so, then take a break. Also be sure to try to get enough rest so you will be ready to concentrate when you want to study. Fatigue leads to poor learning and even poorer retention of information.

SIMPSON.EDU

Zombies, love and more

Distance learning course offerings wide-ranging

RICK MCGINNIS
for Metro Canada



Higher education isn't all earnest grindwork or high-minded paper-chasing — every now and then, some professor's enthusiasm or collegiate enthusiasm will land an eye-catching and idiosyncratic course on some university syllabus.

There's the University of Alabama, for instance, which offers an interim course called *Zombies! The Living Dead in Literature, Film and Culture* — and yes, the exclamation mark is meant to be there.

Then there's Occidental College in California, which seems to specialize in intriguing offerings like *The Unbearable*

Whiteness of Barbie: Race and Popular Culture in the United States, and the boldly titled *Stupidity*, an offering of the department of Critical Theory and Social Justice that promises "a philosophical examination of those operations and technologies that we conduct in order to render ourselves uncomprehending."

A browse through the offerings of the distance learning and continuing education departments of several Canadian universities offers up several curriculum entries that promise to rival undergraduate offerings south of the border. The University of Waterloo, for instance, has two courses whose titles alone encompass so much they can't help but intrigue.

Love is a Philosophy department entry that promises to examine "Self-love, friendship, humanitarian love, God's love, love in morality, and love in mysticism." For the sake of balance you might want to follow it up with *Evil*, offered by the Religious Studies faculty, which promises that "classical and modern writers from Judaism, Christianity, Buddhism, and Hinduism will be considered."

Memorial University offers a course in *Deviance*, "which may include violence, sexual deviance, delinquency, addiction, mental disorder, theft, organized crime, political deviance and corporate deviance," according to the course description. Also part of the Sociology department's syllabus is

War and Aggression, which claims to examine "ethological, psychological and sociological approaches" to the subject.

The Royal Military College in Kingston also has a distance learning department, and offers *Terrorism: Theories and Strategies*, while the University of Guelph's summer schedule includes *Witch Hunts and Popular Culture*, a course to which "access to a TV and DVD player is required."

Finally, while they're not distance learning courses, Simon Fraser University in Vancouver has a continuing studies department that's popular with seniors and recent immigrants. This spring they're advertising *So You Want to Be a Critic?* — a course whose aim



Many Canadian universities offer up fun and interesting courses through both distance learning and continuing education.

is self-explanatory — and an especially intriguing one-day offering in its

Opera Studies department called *What Would Opera Be Without Murder?*

Some online courses offered at Athabasca University



Athabasca University's courses have something for every student.

Athabasca University in Alberta is Canada's specialist in distance learning, and their vast catalogue abounds in interesting and off-beat course offerings, a few of which are listed below:

- **Goddess Mythology, Women's Spirituality, and Ecofeminism:** A humanities course that "explores the symbolic significance of female divinity and the impact of its loss on all aspects of Western culture."
- **Being Online:** The Centre for State and Legal Studies offers this course, which explores questions concerning "ethics on the Web, about the

gendered use of technology," and "ends by examining the transpersonal-how people use the Internet for spiritual purposes."

- **Datascape: Information Aesthetics and Network Culture:** An M.A. course that will help students "identify the differences between information, knowledge, and data" and "analyse the impact of the cataclysmic effects of network culture and the increasingly urbanizing trends of aestheticized information."
- **History of Popular Music II: Be-bop to Beatles:** A companion course to *History of Popu-*

lar Music I: Blues to Big Bands, and a chance for students to study the "stylistic evolution of such musical forms as folk, blues, jazz, country and western, and rock."

- **The Folk Music Revival I: Before 1945:** If you enjoyed the above, you might want to dig deeper with this course, which will delve into the "role of nationalist and anti-modernist ideology in the Revival," and "problems of authenticity and class bias in the work of the major collectors." No word, however, when *The Folk Music Revival II: After 1945* will be offered.

— RICK MCGINNIS

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Office Assistant program

Wednesday, March 24, 6:00 pm, Rm 5-161
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Picking a hobby that will help you learn a new skill gives you a chance to learn and relax at the same time. For example, a hobby of astronomy can expose you to mathematics that might improve your skills at your day job. PRODUCTIVITY501.COM

No fear barbecuing

BBQ Basics workshop targets grilling challenged

CODIE McLACHLAN
for Metro Edmonton



Summer is just around the corner, and nothing says summer like a barbecue. The smell of sizzling steaks permeates the air, roasted vegetables glisten succulently and everyone in the neighbourhood finds themselves hungry.

To barbecue masters everywhere, this is a dream situation. But what about those who are just unlucky when it comes to grilled goodies?

Enter NAIT's BBQ Basics workshop. The popular day-long workshop, which will have two Saturday sessions in total in April and May, is geared toward barbecue lovers who just can't seem to get anything other than a seared briquette

from their grills. Students will need to sign up fast, though — the April session is already full.

"We demonstrate with a variety of different foods, so students actually get to see it prepared and how it's done," says instructor Pierre Plamondon, who is a graduate of NAIT's culinary arts program and has been grilling for more than 30 years.

Participating students will learn about the history of open-flame grilling, care and maintenance of barbecues, tools of the trade and what kinds of seasoning can be used in a given situation among other things.

Plamondon says the course is perfect for those who simply love barbecued food, but can also be applied professionally.



NAIT's BBQ Basics workshop is great for those who simply love barbecued food, but can also be applied professionally.

"It's for the general foodie-type person who wants to get some knowledge and techniques and improve their abilities," Plamondon explains.

"It does cover a pretty big range of knowledge and skills, so anybody who

is wanting to apply that in an actual food establishment, that would be beneficial as well."

Plamondon also notes that the most important thing for students to bring is a good pair of sturdy shoes. After all, barbecuing

does require the cook to be on his or her feet, and the sessions are four hours long.

"A pair of comfortable shoes is pretty much the main thing," Plamondon says. "Shoes that are comfortable and fairly sturdy,

not like sandals."

The BBQ Basics course is open to anyone through NAIT's continuing education program.

Anyone who is interested is encouraged to sign up through the school's continuing education website.

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Stay positive

Most times, success is all in the attitude so be positive and enthusiastic about your educational adventure. Remember why you are returning to learning, and keep those goals in your sight. CED.OSU.EDU/STUDENTTIPS.HTML

Getting an international take on design

CODIE McLACHLAN
for Metro Edmonton



University and open studies students with a strong interest in design will have an opportunity to visit one of the international centres of the practice on a trip led by University of Alberta design professor Aidan Rowe.

The two-week trip to Germany will see students visiting the nation's capital city, Berlin, as well as Münster, a much smaller city nestled in the country's northwest region. The class is open to art and design students as well as open studies students with some fundamental knowledge of design.

"Design has a huge history in Germany," Rowe says, speaking from New York City where he is attending a design conference with 22 of his students. "There's a lot of history from product to graphic design of all sorts, and one of the things we're really interested in doing is having two very different experiences in the same country."

"Berlin has been a real hotbed of art and design over the last decade," Rowe explains, noting this is due to social and political conditions that have allowed artistic prevalence. "There's something very interesting to me about being in two very different parts of the same country."

The course, which is very open-ended, will start and end in Edmonton for two weeks on either side of the trip. Inexperienced students will mix with third and fourth year students and focus on many different elements of design.

"The students themselves will choose different areas of design," Rowe says. "Students might look at imagery and want to do photo-based work while other students might do more product-based work."

"It's a really broad area of design," he adds.

During the trip, the Canadian students will collaborate with students from Germany as well as visit exhibits and museums. One of the projects will include designing a magazine, while another will focus on displaying work on Münster's "media-wall," a five-story LCD screen on the side of a bank.

James Cadden, an open studies student who went on the trip last year, thinks that working with German students will be a great opportunity.

"It's always great to interact with people from other parts of the world," Cadden says. "It will give us a unique perspective on how

people who are our age and have the same interests but grew up in a different culture approach design."

Cadden will be attending the trip again this year.

Rowe adds that the trip is about cultural interaction as much as it is about design.

"Hopefully it puts the focus more on the relationships and similarities between Canada and Germany, and even those two places in Germany," he says.

Students interested in attending the course should contact Rowe through the University of Alberta's department of art and design website.



University of Alberta students interested in design are getting a chance to visit Germany where they will get to see sights such as the famed Brandenburg gate in Berlin.

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Green thumbs blooming

ANDREW COWIE
for Metro Edmonton



Spring and summer time is fast approaching and with it comes classes around Edmonton to help gardening enthusiasts with the tricks of the trade.

One of the locations of offering classes for both beginners and experienced gardeners is the Ellersie Gift and Garden Centre, which has a selection of class ranging from seed planting to bonsai growing.

"People look at the first step," said Lucy Rothwell, event coordinator at Ellersie. "They pick up seeds, then they say what next with it. We have information sessions for first timers on how to plant seeds on March 25."

Rothwell said that with a younger generation of house buyers looking at healthy ways of growing food on their property, there's been a new surge of interest in gardening.

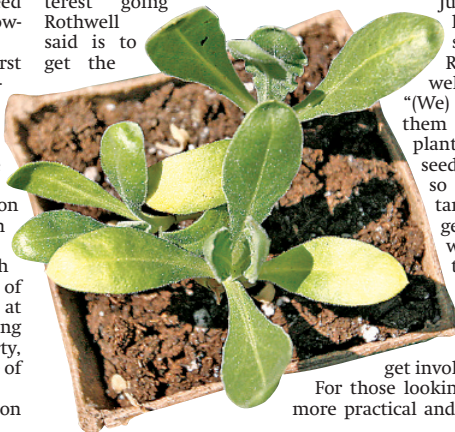
"The younger generation

"The younger generation wants to plant their own and go chemical free. We're finding more and more of them are coming in and trying to plant their own gardens."

Lucy Rothwell, Ellersie

wants to plant their own and go chemical free," said Rothwell. "We're finding more and more of them are coming in and trying to plant their own gardens."

One way to keep that interest going Rothwell said is to get the



kids interested in gardening as well, and the Ellersie centre has a course aimed at getting children active and involved with greenery.

"We're having a class in June for kids," said Rothwell.

"(We) show them how to plant the seeds ... It's so important to get them when they're young so that they get involved."

For those looking for a more practical and design

based outlook of their gardening property, Metro Continuing Education offers landscaping classes to help maximize the area of property owners.

"(Some) have never planted and they have no idea what to do," said Deanna Fitzmaurice, assistant principal for Metro Continuing Education. "People will plant trees and suddenly they're being dwarfed by these trees."

Fitzmaurice said the school likes to offer courses for people that might not have a lot of free time to do extensive work on their gardens or property.

"People have such a busy lifestyle so they need something low maintenance," said Fitzmaurice. "Our niche is a little more detailed when people are a little overwhelmed."

The full list of courses available at the Ellersie Gift and Garden Centre can be found on their website, ellersiegift.com/classes.php, while the Metro Continuing Education courses can be found at metrocontinuingeducation.ca.



If you're interested in learning how to garden, there are various courses available throughout the city.



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Evans promoted to captain

The Hollywood Reporter is reporting that Chris Evans has officially been offered the role of Captain America. If the Fantastic Four actor were to accept the role, he would sign on for up to three Captain America movies. **PEOPLE.COM**

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Just Married!

Borat star Sacha Baron Cohen has married longtime girlfriend actress Isla Fisher, according to Women's Day. The ceremony reportedly took place in Paris, where the two spent a week at the Hotel Ritz. **EW.COM**



The boy next door

Teen heartthrob Justin Bieber is just too cute to hate

TheAudioFiles

Bryan Borzykowski

metronews.ca/music



It may be just me, but I really want to hate Justin Bieber. The 16-year-old Canadian kid, in case you've been living under a rock, is one of the biggest musicians in North America right now.

He's everywhere — from chatting with Katie Couric and posing for the cover of Billboard Magazine to weeks being on Twitter's trending topics list, it's impossible not to run into something Bieber.

The oversaturation is not why I want to dislike the skinny, androgynous look-

ing boy from Stratford, Ont., though it doesn't help. The reason? There isn't one — he's hard not to like.

Don't get me wrong, Bieber is obnoxious — he's got an odd speaking voice, sounding like a mixture of Jay-Z, suburban Canuck and cocky teen, and he's not doing anything for his fans' musical tastes, who are stuck singing eye-rolling saccharine pop that sounds like a mixture of Michael Jackson, 'N Sync, and every American Idol winner.

But Bieber's appeal lies beyond his mostly forgettable melodies — the singer knows how to connect to his audience in a way most acts can only dream of.

What I like about Bieber (besides being giddy about visiting family in Winnipeg, where I'm originally from) is that he acts, sings and talks like a teenager, albeit

"Bieber's appeal lies beyond his mostly forgettable melodies — the singer knows how to connect to his audience in a way most acts can only dream of."

a teenager who has countless adoring female fans and a travel schedule that takes him around the world. He talks about his mom a lot, he's never made it a secret that he was discovered via embarrassing videos of him playing what

looks like an oversized guitar on YouTube (he's just really small) and he writes, cleanly, about the same, turbulent, adolescent love that us adults are happy to for-

get. How can you dislike a guy that sings "adore ya, girl I want ya... you're my special little lady, the one drives me crazy?"

Bieber's new album, My World 2.0, closes with a ballad about seeing his girl out with another guy. "Did you think that I wouldn't see you out at the movies," he sings on That Should Be Me, before launching into a gut wrenching (for a pre-teen) chorus about how it should be him "holding your hand." At the risk of sounding condescending, the whole act is really cute.

And that's exactly why he's as popular as he is. More so than Justin Timberlake or New Kids on the Block, Bieber is the boy next door. He's not particularly handsome, he's got a faux-edge that many teenage boys put on for the girls, and he loves to hang out at



Justin Bieber, whose rise to fame has been meteoric, is poised for further success with the release today of his album My World 2.0.

the mall (or at least perform there). He's wholesome without being Disney — he's the kid who'll grow up to be a doctor or maybe an accountant. For everyone wondering why this guy is so popular, there's your answer. And you know what? I can't fault him for playing to his audience.

In a music industry

where teens go wild over Lady Gaga's oversexed outfits and the Black Eyed Peas' "dirty dancing," it's not so bad to have a slightly annoying, but good-natured Canadian kid topping the charts.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Musician hopes to add fans by giving away an album a month



John Wood poses in his studio in Los Angeles. Wood and a bunch of other artists use the sound-proofed space to create a new album every month.

In an instrument-filled garage almost every day for the past year, musician John Wood has tried to find a new way to make a living.

Wood and a bunch of other artists use the sound-proofed space with an extra-high ceiling to create a new album every month. It's a staggering feat when you consider it means recording a new song every three days. And then they essentially give it away for free.

Wood is at the vanguard

of how musicians are negotiating pay in a world overrun with free music online. He distributes his music to anyone who wants to download it, copy it or share it with other people. He then asks for donations or subscriptions to CDs that he sends in the mail.

Many artists have tinkered with mostly or completely free online album releases, such as Radiohead and Trent Reznor's Nine Inch Nails. They've instead aimed to make money on sales of souped-

up deluxe CD sets or concert tickets.

But musicians like Wood, who don't have a huge fan base, are unlikely to make it by filling arenas and selling high-priced goods. And as regular CD sales continue to fall and major recording labels pare their artist rosters, up-and-coming musicians have to find ways to promote themselves in ways that were unheard of a few years ago.

Wood's album-a-month plan, along with a written

blog explaining his inspirations, is designed to spur interest and build loyalty among fans. He hopes that one day some real money can be made from it as well.

"Obviously that would be a great side of it and that's something we're aiming towards," Wood says.

Wood, 28, was trained as a jazz pianist and works with a rotating cadre of musicians to produce songs in wildly different genres. **THE ASSOCIATED PRESS**

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Watch **JEOPARDY!** tonight at 7:30 for the answer.

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Yesterday's answer: What is Thriller.



CBC



Shia LaBeouf ran the Los Angeles Marathon in less than five hours on Sunday. The Transformers actor ran the 26.2 mile race to raise money for charity US VETS in four hours, 35 minutes. **METRO NEWS SERVICES**

Run Shia run

DVD picks



Fantastic Mr. Fox

Directors: Wes Anderson

DIRECTOR/WRITER Wes Anderson and co-writer Noah Baumbach make a few modest changes from Roald Dahl's eponymous source novel about a furry chicken thief, but they remain faithful to Dahl's good spirit and sense of wonder.

At first glance, it's somewhat puzzling that Anderson, a dedicated hipster Texas filmmaker now living in chic Parisian exile, would be attracted to Dahl's veddy British bedtime story. But the mystery is resolved

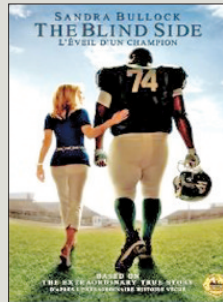
soon. Mr. Fox, voiced by George Clooney, is as hip as they come.

As we join the story, Mr. Fox is having a vulpine mid-life crisis. He's a successful and snappily dressed newspaper columnist, loyal spouse to Felicity (Meryl Streep) and devoted father to son Ash (Jason Schwartzman). But he's no longer happy living in a hole and wants to relocate to fancier digs in a hilltop tree and he's eager to return to a life of "pure wild animal craziness."

His lawyer Badger (Bill Murray) warns him the tree is within shooting distance of the farms of Boggis, Bunce and Bean, "three of the meanest, nastiest, ugliest farmers in this valley." Mr. Fox is undeterred. He plans the proverbial "one last big job" both to replenish the larder and to prove he still has foxy cojones.

With an engaging story, painstaking retro stop-action animation, an agreeably perverse soundtrack and dreamy colour palette, Fantastic Mr. Fox is a crowd pleaser for all ages.

Extras include numerous making-of features about the film and back-grounders on the world of Dahl, including one called A Beginner's Guide to Whack-Bat.



The Blind Side

Directors: John Hancock

SUPSICIONS THAT Sandra Bullock received her recent Best Actress Oscar as a career achievement award rather than more immediate recognition are amply borne out by this schmaltzy hit.

It's the feel-good motivation sports tale of rich white southerner Leigh

Anne Tuohy (Bullock), who takes impoverished and illiterate black youth Michael Oher (Quinton Aaron) into her family, to nurture the amazing football skills she's knows are within him.

Were it not based on a true story, that writer/director John Hancock has dressed up just a bit, the "liberal guilt" aspect of the film might be too much to take. Even knowing there is a real Tuohy doesn't make The Blind Side any less cavity-inducing, or utterly predictable in its narrative arc.

Still, it must be said that Bullock excels at this kind of character and the film actually plays better on the small screen than it did on the big one. It seems like a "Movie of the Week" that successfully made a Hail Mary pass.

The extras on the plain DVD are limited to deleted scenes. The Blu-ray version offers a chance to see Bullock with the real Leigh Anne Tuohy, and to marvel at how much they are alike.

Peter Howell/for Metro Canada

Jackson hands Hobbit to del Toro: Designer

One of Peter Jackson's frequent collaborators says the Lord of the Rings director passed the torch to Mexican filmmaker Guillermo del Toro to give the trilogy's two-part prequel, The Hobbit, a fresh look.

After the huge success of the Rings series, Jackson is now working on adapting the J.R.R. Tolkien fantasy novel that takes place before the trilogy.

But this time the Oscar-winning New Zealand filmmaker is producing and working on the script, relinquishing directing duties to Del Toro, whose credits include Pan's Labyrinth and the two Hellboy movies.

Longtime Jackson collaborator, art designer Richard Taylor, says he thinks his friend gave up the director's chair "probably because he's spent so long in Middle Earth ... and probably felt a director such as Guillermo could bring something passionate and unique and original and new to the content for the

sake of the fans," referring to the imaginary world where the novels are set.

"It's an absolute delight to be working with Guillermo del Toro. We've all enjoyed his craft as seen in Pans Labyrinth and the Hellboy movies.

"His unique esthetic and storytelling style brings a lovely esthetic to the world and one we're enjoying being part of," Taylor told The Associated Press yesterday in Hong Kong, where he is attending a digital entertainment conference at the technology park Cyberport.

The Weta Workshop president said his team has started designing the landscape and characters in The Hobbit, but that he was unclear when shooting on the New Line Cinema production will start in New Zealand.

"We're just patiently waiting for it to begin. It's been in early development for a while. I'm sure it will get going some time soon," Taylor said.

THE ASSOCIATED PRESS

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	3	KHQ	-	370	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser (N)			Parenthood (N)
	4	CBXT	-	307	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Laughs	Comedy Fest	CBC News: The National	The Hour
	6	KREM	-	372	News	Access H.	The Doctors	NCIS (HDTV)	NCIS: Los Angeles	NCIS: Los Angeles	The Good Wife	EP Daily
	7	CKEM	241	347	Law & Order: Special Victims	Parenthood "Wassup"	The Good Wife (HDTV)	NCIS (HDTV)	The Biggest Loser (N)	NCIS: Los Angeles	Metropolis	News Hour
	8	CITV	240	339	ET Canada	Entertainment	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men	Metropolis	News Hour
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	13	KXLY	-	371	4 News at 6	4 News at 6:30	Two/Half Men	Two/Half Men	American Idol (HDTV) The top 11 contestants perform.	Frontline (HDTV) (DVS)	Independent	News
	16	KAYU	-	373	The Office	Raymond	NOVA (HDTV) (DVS)	Walking With Dinosaurs Arena	John Denver: The Wildlife Concert	Playing for Change: Peace		
	22	KSPS	-	374	PBS NewsHour (N)							
	24	WTVS	-	364	Denver	Playing for Change: Peace Through Music						
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	70	BNN	504	508	Squeeze Play	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play	SnowTrax
	20	TSN	400	400	Poker	Curling 2010 World Women's Championship: Canada vs. United States (Live)	Sportsnet Con.	Sportsnet Connected (N)	Flames, Hour	Flames, Hour	Monster Jam	Score Now
	23	net	408	418	NHL Hockey Anaheim Ducks at Calgary Flames (HDTV) (Live)	Dangerous Drives (HDTV)	Pass Time	NASCAR Hub	Race in 60 (HDTV)	Score Now	Score Now	Score Now
	47	SPEED	417	406	Monster Jam (HDTV) (N)	Dangerous Drives (HDTV)	Pass Time	NASCAR Hub	Race in 60 (HDTV)	Score Now	Score Now	Score Now
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	17	TREE	553	546	Franklin	Babar	Little Bear	Toopy & Binoo	Total Drama	6TEEN	King of the Hill	American Dad
	42	TOON	555	545	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Overruled!	Han, Montana	Wizards-Place	Latest Buzz
	45	FAM	557	541	Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Caméra Café	Caméra café	La Promesse (HDTV) (N) (SC)	TVA nouvelles
	-	TVA	121	714	TVA nouvelles	Le Cercle (SC)	La Fleur de la danse (SC)	Home Improve.	Home Improve.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos
	18	CMT	575	583	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos	Reba
	25	A&E	615	520	Criminal Minds (HDTV)	CSI: Miami (HDTV)	CSI: Miami (HDTV)	CSI: Miami (HDTV)	CSI: Miami (HDTV)	(10:01) Criminal Minds	Criminal Minds	Criminal Minds
	26	MMM	571	581	mmtop10.ca	Hammertime	Gimme Sugar	Gimme Sugar	G. Simmons	Wild 'n Out	Hammertime	Gimme Sugar
	29	FOOD	603	561	Hell's Kitchen	Good Eats	Good Eats	Good Eats	Restaurant Makeover	Diner, Drive-In	Unwrapped	Hell's Kitchen
	31	SHOW	617	522	Trailer Park	Trailer Park	Relic Hunter	Relic Hunter	The Perfect Child (2007, Drama)	Rebecca Budge.	Drop-Diva	Drop-Diva
	32	DISC	520	505	Destroyed	Destroyed	Swamp Loggers (N)	Swamp Loggers (N)	Daily Planet	Destroyed	Destroyed	Swamp Log.
	33	SLICE	601	562	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	Whatever	Real Housewives of New York	Housewives
	34	W	602	567	House-Sell	House-Sell	Supernanny	Supernanny	Shopping Bags	Grocery Bag	Beauty Call	Style by Judy
	35	TLC	521	560	19 Kids-Count	19 Kids-Count	Table for 12 (HDTV) (N)	Table for 12 (HDTV) (N)	19 Kids and Counting	19 Kids-Count	19 Kids-Count	Table for 12
	36	BRAVO	620	523	Johnny Cash: Man in Black	Spectacle: Elvis	Spectacle: Elvis	Spectacle: Elvis	Law & Order	Without a Trace	Without a Trace	Johnny Cash
	38	SPIKE	628	584	UFC Unleashed	Blue Mountain	Players (N)	Players (N)	Ways to Die	Ways to Die	Ways to Die	Players (HDTV)
	40	AHC	-	-	(6) The Pelican Brief *** (1993, Suspense)	Something to Talk About ** (1995, Comedy-Drama)	Julia Roberts.	Julia Roberts.	Crime Stories (HDTV)	Cities of the Underworld	Cities of the Underworld	Ancient Dis.
	41	COM	626	547	Just for Laughs	Air Force	22 Minutes	22 Minutes	Cornier Gas	Name Is Earl	The Simpsons	South Park
	43	SPACE	627	528	Masters of Science Fiction	Fringe "August"	InnerSpace (N)	Stargate SG-1	InnerSpace (N)	Stargate SG-1	Star Trek: Next Gener.	Star Trek: Next Gener.
	46	OLN	694	650	Law & Order: Special Victims	Seinfeld	Name Is Earl	Name Is Earl	Sleepy Hollow *** (1999, Horror)	Johnny Depp.	Sleepy Hollow	Sleepy Hollow
	48	TROP	619	525	End of Leash	Ghost Hunters International	Destination Truth	Destination Truth	Oper. Repo	Oper. Repo	Oper. Repo	End of Leash
	50	STAR	621	527	The View (HDTV) (N)	The Dr. Oz Show (N)	TMZ	etalk	Access H.	Extra	Dr. Oz Show	Dr. Oz Show
	52	HTV	600	564	Sarah's House	Genevieve	House Hunters	House Hunters	Sarah's House	Genevieve	Outdoor Room	Outdoor Room
	62	ATLN	700	800	David Rocco	Magnifica Italia	George Lopez	George Lopez	Raymond	Raymond	Paid Program	Paid Program
	95	APTN	269	503	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Pathfinder ** (2007, Adventure)	Karl Urban, Russell Means.	Fish Out of	Fish Out of
	93	VISION	261	394	The Lost Tomb of Jesus Christ's tomb.	16 and Pregnant (N)	16 and Pregnant (N)	16 and Pregnant (N)	Unearthed	Unearthed	Tomb of Jesus	Tomb of Jesus
	100	MTV	581	566	Spring Break Challenges	disBAND	Muchmusic Countdown	Muchmusic Countdown	Question Period	Prime-Politics	Prime-Politics	Prime-Politics
	101	MP	570	580	disBAND	Muchmusic Countdown	Muchmusic Countdown	Muchmusic Countdown	Question Period	Prime-Politics	Prime-Politics	Prime-Politics
	102	CPAC	512	396	(6:30) Primetime Politics	Cold Case	Cold Case	Cold Case	Psychic Inv.	Ghostly Enc.	Judging Amy	Missing
	103	VIVA	526	507	The Closer (Part 2 of 2)	RDI économie	Le National	Le National	Le Téléjournal (SC)	24 Heures en 60 minutes	24 Heures en 60 minutes	Le Téléjournal
	106	RDI	126	730	Confined (2010, Suspense) David James Elliott.	The Walker (2007, Drama) Woody Harrison.	The Walker (2007, Drama) Woody Harrison.	The Walker (2007, Drama) Woody Harrison.	The Open Road (2009)	The Open Road (2009)	The Open Road (2009)	The Open Road (2009)
	161	SUPER										

critics'corner

The Good Wife

When a judge overturns a straightforward plea deal arranged by Alicia (Julianne Margulies), she and Kalinda (Archie Panjabi) delve into the jurist's record in an effort to understand his motivation. To Will's (Josh Charles) delight, Diane (Christine Baranski) gets an offer that she cannot refuse — one that would force her to leave the firm. Tony Goldwyn, Kate Burton, Michael Boatman and Dash Mihok guest star in "Lifeguard," 8 PM on CITV, 11 PM on KREM



Parenthood

Adam and Kristina (Peter Krause, Monica Potter) resort to questionable tactics as they investigate Haddie's (Sarah Ramos) secret relationship. Jabbar (Tyree Brown) has an accident under Crosby's (Dax Shepard) watch. Sarah (Lauren Graham) is at a loss about how to deal with Drew's (Miles Heizer) budding maturity. Julia and Joel (Erika Christensen, Sam Jaeger) are reluctant to let Amber (Mae Whitman) baby-sit for them in the new episode "Wassup," 8 PM on CKEM, 11 PM on KHQ

entertainment 21

Affleck aims to help devastated Congo

Ben Affleck launched a new initiative yesterday to raise money and awareness over atrocities committed against women and children during years of conflict in eastern Congo, Affleck told The Associated Press.

The American actor and director spent five days in the country last week, where he met with former child sex slaves and prisoners convicted of rape in the hope of gaining a better understanding of Congo's troubles.

The new foundation — the Eastern Congo Initiative — will support community-based, Congolese groups, said Affleck on the heels of his fifth trip to the country.

"It was folks in these communities that were addressing the humanitarian crisis who were doing the most, in my view, to solve it, because they understood the community, because they understood the problem, they were the



Ben Affleck

most dedicated and the most committed because it was their lives," Affleck told AP over the weekend at Nairobi's international airport.

"Naturally they were best equipped to solve it. Their impediment was they didn't have the means, the funding," he said.

The new initiative is funded in part by founding member Howard G. Buffett, son of investor Warren Buffett, to whom Affleck pitched his vision of

a new aid group by describing eastern Congo's dire situation.

"I want you to know that 3.5 million people have died over the last 12 years. I want you to know about the women who are being raped, about the child soldiers ... about the kids I just met who have HIV," Affleck said he told Buffett. "I kind of bored him for two hours and basically twisted his arm."

Affleck declined to say how much money his initiative has raised. It will begin making grants in coming months, he said.

The 37-year-old has been travelling to eastern Congo since 2007 and previously directed a short film called Gimme Shelter about the humanitarian crisis there. The country has suffered years of violence and its devastating 1998-2002 war split the vast nation into rival fiefdoms and involved half a dozen African armies.

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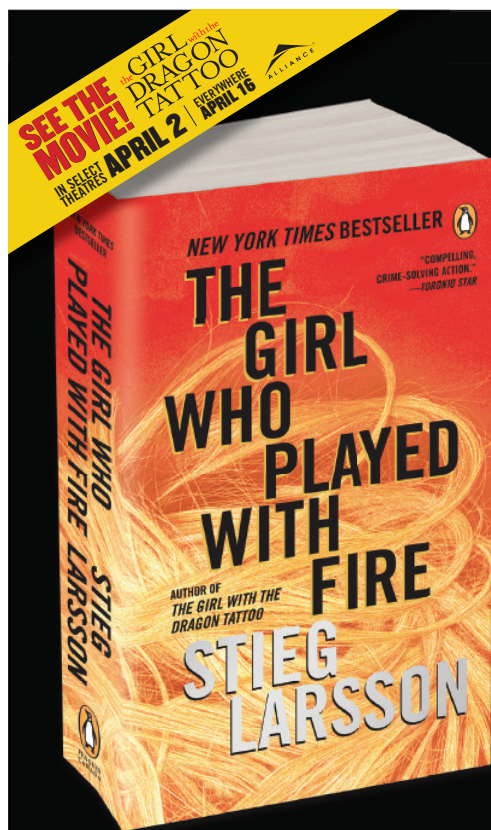
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Josh Duhamel and his wife Fergie will be parents one day. Just not yet, people.com reports. "We'll go there are some point," he said at the ShoWest convention in Las Vegas, while promoting his movie Life As We Know It. **METRO NEWS SERVICES**

Celebrity Buzz

Idol wants Conan

HOPEFULLY SIMON GIVES HIS TAKE ON NBC AND LENO The Hollywood Reporter's Live Feed is reporting that Conan O'Brien was approached to appear on the special American Idol episode, Idol Gives Back on April 21.

Though it would appear O'Brien can't accept given his settlement terms with NBC that prohibit him

from making any TV appearances before May 1, the offer is still an intriguing development in the ongoing talks with Fox about a potential late-night show for O'Brien on the network, adds Entertainment Weekly.

O'Brien's 30-city comedy tour — called the Legally Prohibited From Being Funny on Television Tour — includes a number of Canadian dates.

METRO NEWS SERVICES

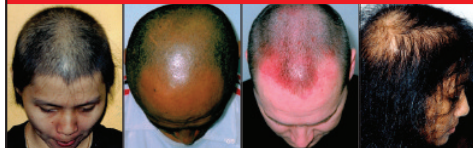
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McGee says James is a gentle, nice guy

YEAH AS LONG AS YOU AREN'T MARRIED TO HIM Jesse James' alleged tattooed mistress Michelle McGee hasn't been in contact with the biker, 40, since news broke of their affair last week, us-magazine.com reports. But over the weekend, she praised him for the way he treated her during their alleged 11-month affair.

"He was a nice guy — most guys who do what he does have an attitude," she told the New York Post. "But he was gentle."

But she told the Post

right now she is more concerned about a custody battle with her ex-husband Shane Modica over their five-year-old son, Avery.

On Saturday, McGee — who reportedly has returned to work at the Pure Platinum Strip Club in San Diego — visited her son, who was with his father in San Diego. As she said goodbye, she planted a kiss on Avery's cheek.

In court papers filed Friday,

Modica asked for temporary and legal custody of the boy, whom he said was in danger in light of McGee's sex scandal.

"If she sees Avery, she will bring these curiosity seekers and glory hounds down on herself and Avery, totally confusing him and frankly scaring him," Modica wrote in legal papers. A judge denied Modica's request.

Meanwhile, James (who's still wearing his wedding ring) returned to work at West Coast Choppers over the weekend. Bullock, 45, is still M.I.A.

METRO NEWS SERVICES

Neeson 'heroic': Egoyan

A HERO ON AND OFF THE SET Liam Neeson has been called "heroic" by Chloe director Atom Egoyan, femalefirst.co.uk reports.

Neeson was working on the movie alongside Julianne Moore and Amanda Seyfried when his wife Natasha Richardson died after a skiing accident. Despite troubles in his private life, the actor re-

turned to work to complete the movie Chloe.

Speaking to Contactmusic the director said: "We tried to protect him.

No one knew when exactly he was coming back, but he was nothing less than heroic, especially considering the story.

"He wasn't forced to come back. No one tried to talk to him about what happened. He's an amazing man."

Since the death of his wife the actor has thrown himself into work and has a string of projects on the horizon. He will next be seen in Louis Leterrier's remake of Clash of the Titans, in which he takes on the role of Zeus.

METRO NEWS SERVICES

Doherty arrested ... again

AND HERE IS ANOTHER SHOCKER, IT'S DRUG RELATED Pete Doherty has been arrested on suspicion of supplying drugs to dead heiress Robin Whitehead, femalefirst.co.uk is reporting.

The 31-year-old Babyshambles rocker attended a police station volun-

tarily to face the charges on Friday.

A spokesman for the London Metropolitan Police said: "A 31-year-old man was arrested on March 19 on suspicion of supplying controlled drugs. He was bailed to return on a date in April pending further inquiries."

Whitehead had

been working on a documentary about Doherty before she died of a suspected overdose in an east London flat on Jan. 24. Doherty previously admitted he visited the property the day before and the day after she died but claimed he stayed at his home in Wiltshire in between those times.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN doesn't appreciate her dad talking to the press, **LILY ALLEN** is experiencing technical difficulties, **STAR JONES** is trying to enjoy her time in the hospital, and **JIM CARREY** doesn't know what to tell his girlfriend.

@lindsaylohan my father is a liar, and whatever new weekly magazine is, is all false! typical tabloid(s).

@lilyroseallen TalkTalk. 5 months subscription, 300 quid in phonecalls and still no Internet. please send engineer! Meanies.

@StarJonesEsq Thank you for all the good wishes and prayers...I feel them all. By the way...who knew ice chips could taste like steak! hahahahaha

@JimCarrey no joke...Jenny wants to know why some guys cheat on their women, for her new book on sex. anybody?

METRO NEWS SERVICES

Naomi embarrassed about past actions

BUT THEY ARE THE ONLY REASON PEOPLE STILL TALK ABOUT YOU Naomi Campbell is taking the opportunity of her upcoming 40th birthday for a bit of reflection and introspection, admitting she's embarrassed by some episodes from her past.

"I'm human. I make mistakes," she tells Live magazine. "I'm not proud of the things I've done and the incidents that have happened in my life, and I would never say I was."

METRO WORLD NEWS



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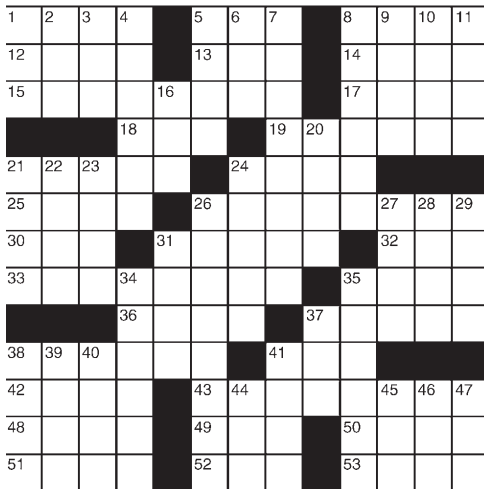
You can do that here.





Michele McDougall, Weather Specialist & Host - Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



ACROSS

- 1 Hook point
- 5 Conclude
- 8 Data, for short
- 12 Concept
- 13 Hawaiian garland
- 14 Harvest
- 15 Favorable spots for viewing
- 17 Slime
- 18 Bart, to Homer
- 19 Put in cans
- 21 Wan
- 24 Mata —
- 25 Urban disturbance
- 26 Melodic jewelry holder
- 30 Carte lead-in
- 31 Kinds
- 32 Gorilla
- 33 Sports page grid
- 35 Small songbird
- 36 Oodles
- 37 Gladiatorial venue
- 38 Actress Hedy
- 41 Palindromic Turkish title

- 42 Addict
- 43 TV, slangily
- 48 Squad
- 49 Turf
- 50 Sharpen
- 51 Wild and crazy
- 52 Ram's mate
- 53 Raced

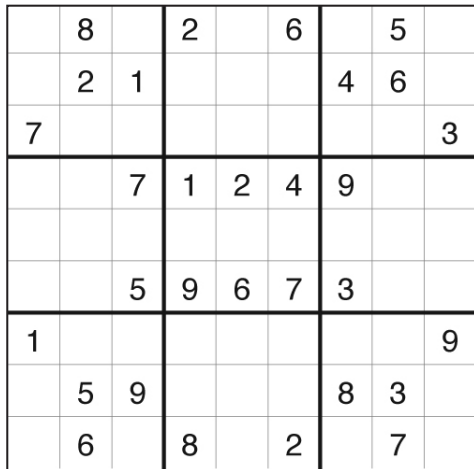
DOWN

- 1 Tucker's partner
- 2 Commotion
- 3 Tyrannosaurus
- 4 Hound type
- 5 Verve
- 6 Badminton barrier
- 7 Aversion
- 8 Kind of funny
- 9 Night light?
- 10 Disconcert
- 11 Newspaper page
- 16 A billion years
- 20 Rainbow
- 21 Bedouin
- 22 Missile shelter
- 23 Welles' "War of the Worlds,"

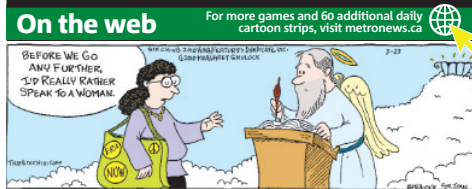
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You take a more relaxed and balanced view of life, which in turn enables you to get what you want without causing friction or making enemies.

TAURUS
APRIL 21-MAY 21
Just because one person has let you down does not mean that everyone is going to let you down. Try not to be too critical of other people today.

LIBRA
SEPT 23-OCT 23
Venus is moving through the relationship area of your chart, which means others will see the best in you even when your behavior is at its worst.

SCORPIO
OCT 24-NOV 22
Routine tasks will bore you today, but they have to be done so you are advised to get your head right and get on with them.

GEMINI
MAY 22-JUNE 21
Listen to your instincts: they won't let you down. The experts may tell you one thing but it is your inner voice you must trust.

SAGITTARIUS
NOV 23-DEC 21
The planets indicate there is only one of what you want, so you had better make sure you are first in line. A more dynamic approach is a must today.

CANCER
JUNE 22-JULY 22
Be nice to the people you work with. You may resent the fact that some of them are lacking in talent and motivation but they are different for a reason.

CAPRICORN
DEC 22-JAN 20
If someone you have not been getting along with lately says nice things about you today you will be suspicious about it. But there is really no need.

LEO
JULY 23-AUG 23
The reason why certain new ideas look less threatening than they did a few days ago is because you are beginning to understand what they are all about.

AQUARIUS
JAN 21-FEB 18
Someone who may not be able to say how they feel in words will find another way to express their love. Are you listening?

VIRGO
AUG 24-SEPT 22
Today you have to deal with an annoying situation without allowing yourself to get annoyed by it. Take the long view and stay calm.

PISCES
FEB 19-MARCH 20
Why the big rush? Why the long face? Slow down for a minute and allow yourself to see that what you think is so urgent is nothing of the sort.

Take Five

Metro Recipe of the Day



Smoked Salmon Pancakes

INGREDIENTS:

- 1 1/4 cups 1% milk
- 3/4 cup sour cream
- 1 tsp lemon juice
- 2 eggs
- 4 scallions, chopped
- 2 large sprigs fresh dill
- 2 cups all-purpose flour
- 125 g smoked salmon trimmings, cut into fine strips
- Canola oil
- Snipped chives, to garnish

METHOD:

1. Use fork to whisk 2 tbsp sour cream and lemon juice into jug of milk. Pour half into blender. Add scallions and eggs; blend 1 minute. Add dill and flour; blend until smooth with pieces of scallion and chopped dill. Add remaining milk mixture and blend. Stir in 50 g salmon and season with black pepper.

2. Preheat oven to 300°F.

Heat frying pan to medium hot; add oil and swirl to coat. Spoon in 2 tbsp batter to make pancake 3 1/2 in. across. Make two or three more, spacing slightly apart. Cook until small bubbles appear on surfaces and tops are dry. Turn over and cook about 1 minute. Remove from pan and keep warm in oven on baking sheet. Repeat for remaining batter.

3. Put teaspoon of sour cream in centres of pancakes, then top with slivers of smoked salmon and garnish with chives. Serve.

SERVES 4



This day in history

- 1775: American Revolutionary War: Patrick Henry delivers his famous speech — "Give me Liberty, or give me Death!" — at St. John's Church in Richmond, Va.
- 1857: Elisha Otis's first elevator is installed at 488 Broadway, New York City.
- 1919: In Milan, Italy, Benito Mussolini founds his Fascist political movement.
- 1956: Pakistan becomes the first Islamic republic in the world. (Republic Day in Pakistan)
- 1989: Stanley Pons and Martin Fleischmann announce cold fusion at the University of Utah.

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